Magic, Medicine, Soothsaying

The favourite remedy in Scutari for the pulmonary form was a drink made of the root of "bader" (*Iris Dalmatica*), which grows wild plentifully. It soothed the throat and allayed coughing somewhat.

Diarrhœa.—A decoction of oak bark—a strong astringent—was efficacious.

Constipation.—There was no local remedy. It was a very common trouble and I was constantly asked for "English salts."

Opium "tea," made by boiling haphazard a handful of poppy-seed, was given recklessly to stop pain. It was common to give a small dose nightly to infants to keep them quiet. In a communal house, where some twenty people sleep together, a crying child is not tolerated. Children suffering from opium poisoning were often brought to the Austrian hospital, the mother being quite unaware of the cause of the child's state.

Animal Remedies.—When I was suffering from acute sciatica, was paralysed with pain, and quite helpless, Marko wanted to slaughter a sheep in the yard and wrap me in the raw hide. As is customary when people are ill, all the neighbours crowded into my room to cheer me. When I was on the point of collapse with pain and heat, the cat jumped on to my bad leg, hurting me horribly. The neighbours chorused: "Thank God! The cat has jumped on her. Now she will not die. The cat always knows."

Then the Austrian doctor carried me off to his hospital.

The reason given for the raw hide is that the sheep eats many herbs and their virtue will soak into the patient. But in fact the raw hide is a hot fomentation. Other beasts are used.

This same Austrian doctor told me he was called to a moribund man. The hut was crowded, it was midsummer, and the heat and stench indescribable. Ten days before, a black cat had been split and applied to the patient's abdomen and was still there.

Enteric Fever.—This is endemic all through the Balkans. In Albania a horrid remedy was believed in. The dung of a dog which had been dropped on a stone and dried in the sun was pounded and given in water. I vainly tried to prevent this on one occasion; but the dose had been prepared by the local priest, who had the greatest faith in it. This repulsive remedy was included in the official pharmacopœia of Vienna till 1795, to be used internally for dysentery and griping pains. In Albania, at any rate, patients survived the treatment. Did the dog's dung supply an intestinal bacillus which combated that of enteric?

Emetic.—Human excrement mixed with water was given. Mixed with rakia it was given to an habitual drunkard with the idea of curing him. The experiment failed.

The boiled flesh of the glass snake (*Pseudopus pallasi*), a common

2: Durham B-5 (ca. 1910)1928 EG1 Albania EG1
Montenegrins EF5

Birth, Marriage, and Death

In 1392 Bogavach Cuiavich of Rudine of his own free will releases from servitude Radaca, daughter of John of Albania, whom he had bought of Braycho Ucarich.

This seems to have been the case of an actual slave. But the lot of others, when sold for a long term of service, can have been little better than slavery unless they fell into good hands.

ALBANIA

I heard of a similar custom of thus selling children for a term of years in Malacastra in South Albania. Here poor Moslems sometimes sent their daughters as far as Constantinople; and I was told that some of the Albanian beys thus purchased servant-girls from their mothers, and at the end of the term dowered them and married them to peasants on the estate. The Italian Consul at Valona, the first time I was there, told me he had thus purchased a servant girl.

Birth.—In Albania, as in Montenegro, childbirth received but the most ignorant treatment. The death-rate of mothers and children was high.

There was great rejoicing among the mountain tribes when a boy was born and proportionate disappointment over a girl. For a son, especially a first-born, the whole family group turned out and fired rifles.

Some kind of spiritual relationship was held to exist between the child and the woman who cut the umbilical cord; but I learnt no particulars.

As in Montenegro, even in the towns there was the greatest reluctance to summon medical aid. In Scutari one day the Austrian doctor was summoned to a Moslem woman who was in the last stages of exhaustion. He found the child was already dead, and said that to save the woman's life it must be removed at once. The family refused to believe or permit this and dismissed him. Some hours later they fetched him again—but she was dead.

On the birth of a child, both in Scutari and the mountains, all the women neighbours go at once to visit the mother and take offerings of eggs. For a boy, two, four, six, or eight—an even number—are brought; for a girl, one, three, five, or seven. One egg is broken over the child's face to protect it from the Evil Eye. Presumably this makes the child unrecognizable or hideous.

Both in Albania and Montenegro, and I believe in all Balkan lands, infants are swaddled. The cradle is of wood and serves as a packing-case in which to carry the child on its mother's back. In Scutari the cradles are very gaily painted with conventional patterns of flowers and birds,